

Spaghetti and Veggies

This is a dish that is always better the second day. With gluten free noodles, you may need to add a little water before you reheat so the noodles don't break up. An easy summer dish that doesn't heat the house while cooking. And fun to make early in the morning before the heat of the day, so it can marinate until evening. This is actually one dish that is enjoyable cold and as a picnic dinner. Plain, spaghetti style noodles work well, as do spiral, elbow, and other types of noodles. Spiral noodles need longer to cook more thoroughly.

Pre Cook Preparation:

Marinate: After cooking

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Bake the burger ahead of time

Boil the noodles and vegetables gently

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:

Beef

Broccoli

Italian dressing (spice, gluten)

Mushrooms

Onions

Pepper

Sausage

Spaghetti Sauce (tomatoes)

Spices

Turkey

Meatless Preparation Avoid:**Beef****Sausage****Spaghetti Sauce****Turkey****Substitute with: _____****Utensils:****Can opener****Large mixing bowl****Wooden spoon****Pan:****3 quart sauce pan for the noodles****8 inch frying pan for the burger****Ingredients:****Meat: Choose 2 pounds of:****Beef burger, or****Turkey burger****Optional:****1/2 pound sausage****Vegetables:****15 ounces of carrots****15 ounces of peas****Optional:****15 ounces of broccoli****4 ounces of mushrooms****15 ounces of onions****Other ingredients:****1 bottle of Italian dressing****1 jar of spaghetti sauce****Dash of salt****Spices such as pepper to taste****Preparation time: 10 minutes**

Preparation:

Noodles:

1. Fill 3 quart sauce pan 3/4 full of water and set to medium until it boils.
2. Break the noodles into quarters as you drop them into the water, stirring constantly.
3. When the water once again reaches almost boiling, turn the heat to a lower number.
4. Drain the noodles when they have reached soft stage.

Meat:

1. Brown the turkey, or beef burger, in the 8 inch frying pan (add oil for turkey burger).
2. Drain burger and pour into 4 quart mixing bowl.
3. Add:
 - 1 bottle of Italian dressing
 - 1 jar of spaghetti sauce
 - Optional ingredients:
 - 4 ounces of mushrooms
 - 15 ounces of onions
 - Salt
4. Mix well.
5. Set aside inside microwave (don't turn it on) to retain warmth.

Vegetables:

1. In individual 3 quart sauce pans, boil:
 - Broccoli
 - Carrots
 - Peas
2. Start on medium heat, turning down to low heat.
3. Drain vegetables.

Combine:

1. Add noodles and vegetables to the meat mixture.
2. Stir well.
3. Add cheese, if desired.

* For the vegetarian dish, you may wish to cook the vegetables ahead of time, allowing them to marinate in the Italian dressing, while leaving the spaghetti sauce out altogether.

Cook Temperature: Medium to low heat

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.